HOME AND SOCIETY,

CHAT OF THE SEASON.

to have been "pink dinners" and "red din maners" galore given during the last two since color festivities have been the ion; but until an extremely pretty dinner Was Newport the other day a green entertainment had never, apparently, been attempted. Probship the fear of having an unbecoming light has been the reason; but a description of this particular fes fivity goes to show that although the effect was weird it was very beautiful, and on a hot must have had an exceedingly refreshing effact. The room was profusely decorated with palms and ferns, among whose meshes sparkled myriads of green lights. These were arranged in the eleverest way by means of the ordinary green finger-bowls in which floated the little taper wicks which can be so easily procured anywhere, and which are perfectly safe to burn in any position, being entirely protected by the glass. The bowls were entirely concealed by the foliage, and gave the mysterious-look ing green light which apparently came from the plants. The centre of the table was a mass of delicate white flowers almost covered with feathery phair fern. The green silk shades of the hanging centre lamp and the candles were exactly the same shade. The light, far from being unbecomwas distinctly picturesque. "How exactly like nlight," some one exclaimed and the effect was nelly that of a moon shining through the green es of a forest.

Many, indeed the majority of persons, sleep with closed windows, especially in winter, and think that they sleep better on that account. And so they do If they are accustomed to the stupefying effect of the decreus carbonic and gas which is continually being recived from the lungs and which, in a close room acts as a narcotic. Although it may aid in producing a heavy death-like sleep, it is also accompanied almost invariably by the tired, unrefreshed feeling with which so many will rise to meet the duties of the day. To show the power of such an atmosphere in sending people to sleep, you have only to enter one of large churches in the evening, and you will find half the people asleep under its influence, the heavily laden, gaseous air producing a drowsiness which is almost impossible to recist. At this season of the year it is possible to introduce many changes which winter might be di loult to manage in the way both of accustoming young people to plenty of fresh in their bedrooms and also to the invigorating effect of cold water in their abintions. The latter is one of the greatest preventives of cold ever known. When there is a certain delicacy of constitution is impossible to adopt heroic methods in winter. Granghts of cold air must be avoided even if windows have to be closed. The hot enervating bath cannot he changed suddenly to a cold douche. But now, without danger, habits may be formed which will strengthen the system and harden the constitution and, if not a sure preventive, will help materially to heep away the tiresome winter colds to which so many are subject. Open the windows, therefore, and induce your children to take rold sponge baths, which in this weather are so refreshing, and which, taken rapidly and with plenty of friction with a coarse towel, may be continued through the winter with ex-Teach them to time themselves, as cellent results. the sanitary value of a cold bath depends on its inpidity so that the body cannot become chilled. ction, fresh air at night as well as by day and a little daily exercise with dumbbells or Indian clubs will work wonders with a delicate child.

A woman whose two children were greatly disposed to croup and colds of all kinds and who kept the eter in their day nursery and their night nur sery with scrupulous care at the same temperature, watching them always with anxious solicitude, was induced by her husband to take them on a campingout expedition through the pine forests of Maine it was the resinous atmosphere in the woods combised with the open air, or simply the open air alone, she could not decide, but although the weather turned so cold that on several occasi formed a coating of ice on the water in the kettle in the night, the little ones never had a cold or even the alightest indisposition. Florence Nightingale, in her "Notes on Nursing," declares that "no one while in bed ever catches cold from proper ventilation."

"Who do you think is coming to-night, girls ?" said a preity young hostess of a h use-party of young peo-ple who were passing a week of never-to-be-forgotten fun and merriment in a spacious, old country house on the beautiful borders of Lake M. hand a letter this morning from Johnnie 8— inviting himself for a few days. I am glad he is coming, for such fun: but he did such outrageous things when he was here last that the mater declared he should never be asked to the house again. I wish you could have seen her face when she received his In spite of herself, and finally she said, 'Well, I sup pose he will have to come, and I only hope he wil have learned a lesson and will behave himself.' I must say I think it was rather checky to ask for an invitation when he must have known the house was full, but since he will come, let us give him a war welcome." And therenpon after much consultation and suppressed laughter a programme was arranged for the entertainment of the bold man who presented himself uninvited-a programme that might well have appalled the expected guest had he known of their in-

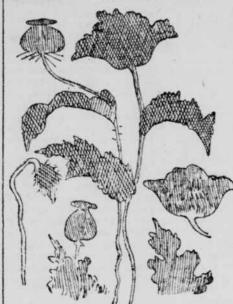
Nothing, in the cordial and lady-like welcome gives to him by the young maidens could have prepared him for the lively reception he found awaiting him when he retired to his own room. All the practical tokes that could be thought of had been brought to gether for his edification. His bed had been arranged on the most scientific principles of making it utterly impossible to sleep in any position without making entirely over; his drinking-water was salted; the sleeve and neck openings of his robe-de-nuit were run together with the sewing machine; a land turtle was found lying in his bag; and a cat sprung out of the closet when he opened the door. But his final discomfiture and utter overthrow had been planned for the morning, when he was to find his evening clothes the only ones left to put on for breakfast. The next morning a merry party waited expectantly kept long in suspense. A short time after breakfast had been announced and every one else had assembled. the door was flung open, and the most extraordinary figure that had ever been seen in that stately room The apparition which struck them all dumb was Johnny 8- arrayed in one of Mrs. A-'s most gorgeous dinner-gowns-the low-necked waist and short sleeves showing his anything but scant pro portions to the greatest advantage. With stately step he walked into the room, and with a perfect seriousness addressed the company. "How ladies and gentlemen." he said as soon as he could make himself heard for the shouts of laughter, "that I found the requirements suited to my needs in the fine old-fashioned wardrobe which stands in my spartment. Some frivolous persons," he continued. turning severely to the giggling maidens, "having removed my garments, I felt myself fortunate in deed in being able to replace them with this co fortable and appropriate raiment," So saving with great aplomb he discussed a most excellent break fast, rising to supply his needs from the sideboard amid the continued titters of the company and to the utter amazement and hopeless indignation of the dignified owner of the dress. "I suppose I will find what is needful for a change in my room after break fast in he asked his hostess with the greatest polite

The ordinary house cat is capable of displaying great intelligence when the need is imminent and her maternal instincts are aroused. A cat belonging to a family who had a cottage at Newport has raised her progeny in peace for several years beneath the friendly roof when the advent of a small built terrier sent her and her five young kittens in great dismay under the house. For several days they lived in torment, hardly daring to show their noses until the mother, becoming desperate, resolved to change her abode. Deliberately selecting a neigh-boring cottage where there was one dog who had boring cottage where there was one dog been brought up with cats and rather liked them than otherwise, and toking a dark night when the enemy was asleep, she moved her entire family, one by one, into the cellar of this new place of refuge-much to the annoyance of the mistress of the house, who had a peculiar antipathy to cats. After a few days the whole family were voted an unendarable nuisance Twice they were sent back to their original abade and each time they returned in full force. children plead for the little kittens, however, so the mother cat was ignominiously bundled into a baske and carried a few miles back into the country and let loose. That night about two o'clock, the most terrible squealing and mewing broke out among commotion lasted about an hour and then utterly ceased. "Did you hear those cate !" every one exclaimed as they met at the breakfast table Strange to say, every trace of the five hittens had completely vanished and the cause was discovered indignant and ill-used pussy had returned, held an indignation meeting with her oldi-

refuge in still an ther house to the neighborhood.

This lest family, feeling sorry for a cat who struggled so bravely to keep her family together, endured their caterwauling for several days until they, too became desperate. The cats, having gown wily, were most difficult to catch. Several, however, were captured and sent in different directions, while the and taken by him to a neighboring village. here is shown the wenderful pertinacity and intelligence of this united sat family. One after the other they all returned to their original home, the old mother having found her way back over the weary miles and concluding with Owen Meredith's, "How, after all, old things are best," she reassembled her progeny in their old abiding place, made friends with the terrier, and is now enjeying her well-earned rest.

Beautiful and suggestive patterns for embroidery may be made by shadows cast on white paper b natural flowers. The best way is to do



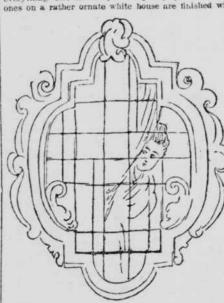
evening by strong lamplight. Tack the paper of the wall, cast the shadow in the position you wish, and put it in with a bit of charcoal or soft pencil or India ink put on with a brush might be still bet ter. Different shedes in the shadows may be produced by the distance from the wall at which the ob ject is held. Charming effects have been produced in this way in patterns for silks and other goods. These are called "shadow patterns" and are printed in two times of the same color. The Associate Artists have several beautiful designs "in shadows."

One of the most noticeable results of a slight attack of paralysis is the tendency to substitute the wrong word or even sentence for that which is intended, quite unconsciously on the part of the speaker, who cannot comprehend why he is not under stood. To a patient who felt very much discouraged because he asked to have the window shut when he neant to say "Fetch me some water," Dr. Awho is a noted specialist in such troubles, related the following incident: "A prominent man in Beston who had a slight shock but who apparently had quite recovered wished some nulls, and went into a hardware shop to purchase them. "I want a dozon of so of archangels," he said to the somewhat mystifled clerk. "We do not keep them, sir," was the response. "That is odd," said Mr. B-, and he went into another shop and asked again for archangels. Again the smiling clerk told him that they did not have them. Quite vexed at his failure to procure such simple things as small nails, he tried the third time with fike result, and finally gave it up in de spair. "I never saw anything like the stupidity of these shopkeepers," he declared to his wife at dinner. I went into three hardware shops after archangen and could not get them." "After what!" exclaimed his wife; and it was not until she explained h tonishment that he realized what a mistake he had

Make a pound of puff paste and line a deep pie plate about two inches high and eight inches in diameter with this paste. Cut the paste off around the edges. Full the case with flour, in which one-sixth part of chopped suct has been mixed. Put the case in the wen, and bake it until it is very nearly done. Then emove it and take out the flour, dusting it thoroughly with a little paste-brush. The flour was put in only to prevent the paste from rising in fightes. be obtained by slashing the paste a little neross the top, but it is not so certain a method Have ready sufficient halves of peaches (which have been simmering in syrup for six minutes) to fill the mould. Put them therein, and set it buck in the syrup, adding about a quarter of the peach It should be reduced to about a cupful. A heaping table-poonful of dissolved gelatine may no be stirred in, and the liquid jelly should be tarned over the peaches as soon as it cools a little, and few minutes after the "flam" has been removed from the oven. Do not wait, however, till the jelly hardens. Serve this cold, heaped with whipped cream.

A pench cobbler is an entirely different dish. It sof Southern origin. To make it, peel a quart of peaches, cut them in halves, add one-quarter of the kernels blanched. Line a deep pudding dish of earther vare on the sides with piecrust. Put the peaches in turn a wineglass of brandy over them, strew ablespoonful of butter over them in bits, cover the obbler with paste, and bake one hour in a moderately ot oven.

There is great latitude allowed in windows, as i everything else nowadays. A pretty pair of round



grillas of slender brass rods, the casement behind be ing swung on hinges. These windows with their sto mouldings have a very pretty effect.

"Blen chausse et bien gantes," is the French ynonym for perfect finish in the way of one's tollette. but to be up to the mark in the way of detail requires a great deal of care and knowledge as well. per management of shoes, for instance, is an in itself, and in a well-kept house there should always be one person who thoroughly understands this branch of domestic economy. If there are two men ervants in the house this department should elegated to the footman, who should know all about ordinary blacking, varnishing patent-leathers, tanning and polishing russet leather and pipeclaying the tennis shoes so much in vogne this season women as well as men. A man who knows his business in this respect generally has his own recelpts which it is his pride and joy to concoct and praised for; but there are excellent preparations in the market if you only know which they are (for there are also any number of shoe dressings which are practically worthless). For patent-leather we would ngly recommend "E. Brown's Parislan Polish, or "Meltonian Varnish," as the English bottles are called. This, unlike the many so-called patent leather varnishes, leaves a heavy coat of lacquer as makes old shoes for the time being look quite as well

have a pair of wooden lasts; these are rather expensive, costing about ten dollars, but they will save their cost in a year by preserving your shoes, which should always be cleaned and blackened on the lasts. This will smooth out the wrinkles, prevent them from cracking and keep their shape. For russet shoes "Russian tan" is one of the best preparations; and for white leather there is always the pipeciay with which every soldier and groom is so familiar. is also a preparation called "Bianco," which is easier to apply. A word about the art of valeting while we are on this subject. This is not always understood

Any one who cares for good straight shoes should

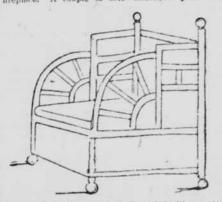
dren, and had departed with them one and all-taking in this country to be the work of a butler if there is may be enclosed in gold pencil-cases. There are also | you. Now, I am not a German scholar, and Fran | spoon of sugar, but this is not necessary. Break the servant should know at once that he is expected to used in the linen drawer. brush the coats of the men of the house whenever they are taken off; to lay out the evening clothes, putting in the needful studs, etc., and, fast but by no means least, to stretch and press the tronsers so that there may be no unsightly bagging at the knees. There are several excellent stretchers for this purpo the market. Two suits of clothes worn alternately and properly taken care of in the interim, wiit easily last a season. If, however, you have to do your own valeting, which is, after all, the case with nine-tenths of our young men, remember that a little care in this direction will enable you always to look the gentleman and save your pocket to a wonderful extent.

> The same rules apply in regard to feminine footgear as to the masculine; but in gloves, of course, it is different, therefore a word as to the care of gloves may not be amise for those who study economy. the first place, always mend your gloves with the same color; nothing is ugiler than to see white or black biread which has been used to sew up ripped finger tips. If you take balf-a-dozen skeins of fine sewing silk of the colors you most affect in your gloves, cut them the right length, and platt them to gether and keep them in your work basket, you will always have the necessary shade at hand. Long mousquetaire gloves, if cut off at the wrist when the hand is worn and stitched neatly on to a short pair on the wrong side, will show only another wrinkle and give you a new pair of evening gloves at a very small cost. White fingers and seams touched with a Bitle water color of the same shade are greatly improved; and now that there is an odorless preparation of benzine, you can easily do your own cleaning. A neatly mended and kept article of apparel, be it shoe or glove, or any other accessory of the toilet, is really more suggestive of refinement and neatness than any new thing could be, for it bespeaks care and self-respect, and to a young man should be most attractive, inasmuch as it betokens economy and

> A simple method of curing sunburn is to bathe the face before retiring with a solution of tincture of benzoin and cold water, in the proportion of a teaspoonful of the tineture to a cup of water. Let it dry on the face for a few minutes, then rub it with sweet cream Wipe it off soon after with a soft linen towel. In the norning bathe the face in water as hot as you can bear, with a sponge, and then bathe it in cold water. drying it thoroughly. Before applying the benzoln at night, be careful that all dust is removed, and that the skin is perfectly clean and pure. Take special care to get no benzoin in the eyes, as it is very painful. Treat the face in this way for several days and all traces of sunburn will disappear.

If I A I, will buy English both enamel for her both tab and paint the tub with it she will find that it will not only look clean and "inviting" but will not be affected very materially by the action of the soap." . A. L. sends to our columns a suggestion for men who are subject to a very common annoyance, that of the slipping of the necktie over the collar. she suggests the sewing of a common dressmaler's book on the band of the necktie, so that when the tie is on the hook slips under the collar and holds the necktie down. Some neckties have an elaborate hook arrangement of this sort, but a simple hook, as here suggested, serves the purpose just as well. To the many men who go about all day long with their neekties over their collars, look-ing very much as if they had no collar on, any remedy of this sort is a blessing-the more so as it is supposed among men generally that to inform another of his being in such a predicament is a rather ungracious act.

A pair of low, deep safas, each one wide enough to eat two people, look very well on either side of the A couple of soft eiderdown pillows add



very much to their comfortable and inviting appear

H. I. C. B. writes: "I enjoy your department in the Sunday issue so much that I send you this suggestion, which has been such a pleasure to me. The few years ago have become continual joys as to on which to train vines. A box of various plants sits the inclined plane of my wheel. In it a vigorous Phylogene vine has transformed the Lare my wool wheel into a mass of lovely green which florist assures me will be equally as beautiful in my bay window. Perhaps some one else will enjoy ex perimenting as I have done this summer, if you offer the suggestion through The Tribune."

Semolina is an Italian preparation of wheat which less known to us than macaroni. Like macaroni, it made of the Italian wheat, which is rich in ginten. is almost entirely composed of the gluten of the wheat, only a small part of the starch being left in the preparation. It is therefore the exact opposite of farina, which is made of the starchy substances wheat with the gluten rejected. Though semoliha is not ordinarily found on the advertised lists of our grocery stores, it can probably be obtained at the Italian stores. It is granular in form and not until saxo in appearance. Some of the preparations put up by dealers in gluton foods are similar in substance to semolina and may be used in place of it. A Venetian semolira soup is made about as follows: Throw six unces of semolina into two quarts of boiling consomn Let it simmer in the consomme for fifteen minutes just before removing it from the fire add a cup ream in which the yolks of four eggs have been b Add a pinch of cayenne, and heat the soup for two minutes after adding the eggs and cream, but do not let it boil again. You may add, if you wish, a glass of madeirs and the jules of half a lemon. Turn it into warm tureen and serve it at once, accompanied by a ploteful of grated Parmesan cheese. The Venetia serve in this soup the fillets of that delicious little bird. the ortolan, which have been previously stewed stock. The game hird most like the orto this country is the reed-bird, which soon be in our markets. III and fresh from the marshes of Delaware and Maryland and the rice-fields of the Carolinas,

Properly speaking, the fillets of a bird are the two distinct layers of flesh of which each side of the breast is composed, though the flesh on the drumsticks i sometimes utilized as fillets. Our French marketers usually refer to the reedbird as the ortolan, in spit of its diverse liabits and different ornithological family In the months of July and August the blackbird, which is an inferior first cousin to the reedbird, is commi served for it in our markets. The white snowbird or snow, bunting is sometimes called the American ortola American epicures may, if they wish a very delicious dish, substitute for the ortolan fillet of the Venetian the breasts of our own reedbirds, the fillets of a dozen birds being required for the amount of soup given.

Francotelli gives the following rule for semolin pudding: Mix twelve ounces of semolina with six mnces of granulated sugar and a tublespoonful of orange flower water. Orange extract used in proportion of a teaspoonful to a teaspoonful of water will serve the same purpose. Add a quarter of a pound of butter to the ingredients already mentioned, two eggs beaten, a plut of cream and half a terapoonful of salt. Stir this mixture over the fire until it boils and work it mutil it is perfectly smooth. Continue stirring the paste over the fire until it ceases to adhere to the side of the sancepan. A pan set in mother pan of botling water, or a double boiler, is the best thing to cook it in. As soon as the paste is finished add four more eggs and two large (ablespoonfuls of butter and two ounces of ratafias braised. Next spread the in side of a plain mould with butter. Fill it with the pudding, leaving a quarter of the space for it to swell. Set the mould in the oven in a deep pan half filled with hot water, and bake for an hour and a quarter. Serve with a custard sauce or with a fruit sauce. ance is made by beating a cup of fresh or preserved strawberries into two cups of sugar and half a eitter which have been beaten to a cream, of chopped pineapples, either preserved or fresh, or cup of peaches or apricois may be substituted for

The most desirable French perfumes and extracts or the handkerchief are made without the introduction of any coloring matter, and consequently will not stain the most delicate fabric; but for people who object to perfumes in any liquid form, there are perbe rubbed over the skin, handkerchief, laces, gioves or any objects to be scented. These pencils of perfumes favorite rules and have translated a few of them for

no second man; and the care of his master's clothes, brushing them, laying out his evening toggery, etc., is often relegated to the housemald. But the man kind is frequently worn in a sachet in the bodice or

All corded fabrics in wool promise to be more popular than ever. Bedford cords in delicate colors with accessory trimmings of velvet of a shade dark enough to contrast well will be used for visiting gowns during the coming season.

Nowadays no one need complain of not having a ew evening dress, when a little gown is so easily made. This simplest of patterns is really very pretty.



and is only a shirt-waist finished with a ruffle and worn with a belt. Made of white dotted muslin and white chiffon, it is very youthful and becoming.

Woodcock, which are now in market, are generall considered by epicures the very prince of game-birds though our American hird is rather small, being little larger than a robin in the body. The breast to cover there is some excuse for her. A white marble and thigh of the woodcock are the only parts eaten That exercise produces toughness of fibre is well exmplified in the woodcock and partridge. The wood cock files most while the partridge uses the legs, hence wing of the woodcock is very tough, and that of the partridge is very tender, and hence also comes the

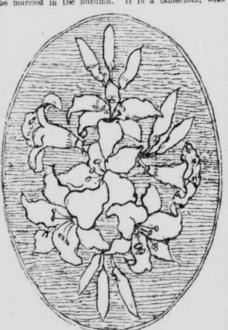
If the partridge had but the woodcock's tidgli, lie'd be the hest bird that ever doth fly.

To prepare a woodcock for reasting pick and singe the Remove the crop and pipes of the throat, skin the head and neck and take out the eves. Nearly every one now profers to draw this bird as they do every other game bird. The old fashion of serving it undrawn is of solete, and there is not a first-class chef in the city who would serve it in this way to-day. After drawing the bird, separate the heart and liver from the other entrails. Lay them on a plate for off the wings close to the body. Turn the head of the rules can avail, but for the student and the brain bird back, using the long slender beak as a skewer to secure the legs down to the body. Lay a thin layer of salt pork over the breast. Set the woodock aside for a few minutes till you mince the heart to contribute to a sound body. The actual workings and liver. To the heart and liver of three woodcock, add half a tenspoonful of chives, or five or six drops of onion juice, half a tenspoonful of salt, a little pepper, and half a tenspoonful of butter. Cut three slices an inch and a half thick from a small loaf of stale bread. Trim off the crusts and halve the slices, trimming them so they will be about two Yet with so sound a body and so temperate a mind as and a half inches long by one and a half wide. Cut out a little hollow in the centre of each. Plunge them for two minutes in boiling hot fat. Remove them and drain them on coarse brown paper. Put some of the mixture of neart and liver in each "canape, sprinkling a few bread crumbs and a bit of butter over each. Put the "canapes" on a tin plate and set them aside. Put the woodcocks on their backs in a to each, but Dr. Edward Smith, in his excellent treatise Roast them for from ten to fifteen minute in a very hot oven. Ten minutes will serve them rare, as the English gourmands prefer them, when according to Dr. Kitchener, "they are merely intro duced to the cook, for her to show to the fire, and ther sent to the table." Most people in our country like them rather better done than this, and therefore the fifteen-infaute rule is the best. Three minutes before removing the birds, put the canapes in the oven t cook. The moment the woodcock is done have a hot platter to receive it. Until the layers of pork which have been arranged across the breast, and put them on the platter, surrounding them by the canapes and using a little watercress to decorate the dish. at once, as nothing deteriorates in flavor so rapidly

as game after it is cooked. Woodcock are also frequently broiled. Draw and prepare them as above, only splitting them down the back. Flatten the breast-bone a little and wipe the birds thoroughly. Then rub them with sweet oil and season them with salt and pepper. Let them remail five or six minutes in this marinade. Arrange then flatly on a gridiron, turning the head back and siicking the bill through the breast. Broil them over a clear fire, on the breast side for about six or seven minutes and on the other side for three or fou minutes. Serve canapes with a mince of livers and hearts in the same way as when they are sted. Gentlemen often like a little crisp laye of bacon with their broiled woodcock, and a water salad is most appropriate.

A pleasant addition to the bath is the extract of pine needles. This comes also in the form of a soap gent with the odor of the balsam forests.

An exquisite piece of summer work is being dor by a lady as a wedding present for a friend who is to married in the autumn. It is a tablecloth, with



napkins to match. The former was a large oval centre-piece, with lilies in outline, the background being darned with white silk. The effect of the dull lines lilies thrown out in relief by the shining white slik is very beautiful. This is the only ornamentation of the tablecloth, the plain deep border being heavily hemstitched. The napkins have each a cluster of lilies in an oval, with the monogram of the young lady

A New-York woman spending the summer in many writes as follows: "As I have read the many interessing notes in your columns this season, I have longed to enter the lists myself, but I am not 'up' in fancy work, and your cooking department seems to be in very able hands. But it occurred to me lately as I was commenting on some of the German food prepared by our excellent Fran Kux that some of her recipes might be quite a novelty to Americans; and so I have borrowed the book in which she writes her

Kux knows nothing of English, but I can make a literal translation, and that is just what I have done. As I have not dured to take the slightest liberty with the text, I think you will find these directions very plain. Her potato cakes are just splendid, and here is the recipe

·Potato Cakes-These by many very beloved pancakes become of raw potatoes made ready. Man uses thereto thick mealy potatoes, peels and grates them quickly, pouring off the water which comes out richly from fresh potatoes. Beat four to six eggs with two to three spoonfuls of thick sour cream, add to the grated potatoes, give the necessary sult thereto, and bake the batter immediately, as follows: In a pan makes man right much fat (lard mixed with oil or other fat) very hot, and lays three little heaps of the potato mass in, presses the heaps with the spoon apart, therewith little symmetrical round cakes making, and separating the latter with a knife if they some together have run. Man then tosses them about in the pan until they an even brown become, turns them one by one and lets them on the other side likewise hell brown bake. This all must very quickly happen if the batter shall be good, also must man much

fat in the pan have.' "Another choice recipe is: 'Chaif's Breast in Jelly.-The breastpoint of a long-time shuightered calf become in little pieces cut, as unto a fricassee, then washed and placed out. Two hours formerly, has man already four calf's feet with three quarts of water, one pint of vinegar, onions, spices, bay-leaves and some salt cooked; give now the cut-up calf's breast in, and let them slowly tender cook. Then becomes the meat with the foam-spoon out taken, make the clinging bones and onhanging spices thereupon distant, and the flesh pieces in a stone pot lay. The short-cooked broth must right sour taste; is this not the case pours man still some vinegar to, and cooks her still one time there with up, then clear it by which man two beaten egg whites boils up, let the broth through a hair sieve clear run, give her unto the meat and place it to harden and preserve on a cool place.'

"A nice sauce is called 'Hollandische Sauce,-Three bearing cups of white strong stock lets man to the beiling come. Then stirs man a good piece of butter with three spoonfuls of white flour and some lemon together, does it (adds, probably) to the boiling stock and lets it therewith draw through. In Holland, lets man now a few spoonfuls of right fine grated horseradish in the sauce stirred through (not boiled), strains while right hot through a steve, tastes her with a little sugar and salt up, and stirs her before dishing with two right foaming egg dots up.'

"If you find these available, I can send you some more from the same source, all 'ausprobierte.'

Among quaint salad sets there are howls of Delft ware with oil and vinegar crueis of the same pottery.

B. S. asks us to suggest something for a pretty mantel lambrequin. Why does B. S. want a lambrequin for a mantel at all? The fashion of dressing up mantelpieces is now entirely out of date. The mantel shelf should be pretty enough in itself to require no dressing of this kind. If it be so old or discolored that it needs to be hidden, why not give it a cost of paint? If B. S. has not a wooden but a white marble mantelpiece mantelpiece is so cold-too cold for beauty in most

There must be rules for the maintenance of mental health as well as physical. Macbeth inquires of the liseased ?" and the physician very rightly replies Therein the patient must minister to himself." Herbs. roots, medicaments may not raze from the brain a rooted sorrow, but unquestionably there are rules by which the mind may be regulated and relieved. harassment and worry of the mind are fruitful sources of physical aliments, and of those worse than physical aliments, hysteffa, delirium, wearings. A calm and equable temperament is probably above all others the most precious quality of the mind The most woful allments of life are avoided if but the mind is so constituted as to oppose dejection and de-Trim the toes off, but leave the legs on. Cut pression. Some temperaments are so nervous that no worker of the ordinary mould there are systematic rules which will insure a temperate working of that delicate yet basic organism which in turn will go fa of the mind are different in different constitutions. It was Matthew Arnold, we believe, who said that his mind began to work congenially the moment he had a pen in his hand and a drop of ink on its point. A most desirable condition of the brain organism truly, and indicative of a most well regulated organization those of the late James Russell Lowell, it is related that that genial poet wrote his long and exquisite "Vision of Sir Lounfal" in a continuous sitting of forty-eight hours, during which he was in an costasy of composition from which he was to be roused neither for food nor sleep. With such diversities of brain organism, a system of rules can hardly be applicable on "Health," lays down some eardinal rules of health of consideration, even by those in the humbler condi-tions of mental workmanship than embrace poetry or philosophy. They are indeed worthy of consideration by all workers, for to all, even the lowliest work, there is an interval where the mind must have its swing The rules are as follows: (1) Work in the early, rather than in the later, part

of the day, and do not rob yourself of sleep before (2) Alternate your mental work with midnight. bodily recreation, and make as much use of the latter as time will allow. Gymnastics which will expand the chest, singing, shouting, running, jumping and walking are proper kinds of relaxation. (3) Limit your ments toll to that number of hours which will enable you properly to work well with the mind and to obtain proper recreation for it and the mind.

These two first rules will apply even in the work of the household, where the good housekeeper has more mental stress upon her than she often consents to believe. The student, whether man or woman, will do well to test this regime of Dr. Smith, and see if it does not help him out in the problem of doing hi work with the least exhaustion. Parents above all should guard their children against foolish habits, such as overstudy at one time and entire neglect at othersa neglect often the result of exhaustion at other times. There is no progress worthy of the name which is not continuous and steady. It is the spasmodic method in all kinds of work that breaks down the worker and falls of results.

It is easy enough to make a salad in the spring when all the herbs are in a crisp, tender condition. but it is quite a different thing in mid-ummer, when all the green leaves have hardened, when the lettuce has toughened, and the watercress and chicory are no more to be found in their pristine state. We w rely largely upon celery, tomatoes, string boans and other vegetables, and it is to the consideration of such salads as these that we address ourselves at this season. These saiads domand a considerably richer dressing than the simple, fresh leaves of springtime. Indeed, a great many epicures believe that a mayon naise dressing is the only fit dressing for celery or tomatoes, as it is for meat salads. In cities and where there are special gardens, some salad greens, it is true, are raised for the table at this season, but no artificial means can give to any salad leaf the exact flavor of those that come up from the moist, cool earth of early spring, and are blanched in the temperate heat of the sun. Poultry and game are now coming into market in perfection, and no salad is more delicious with either than one dressed with nayonnaise. There are various methods of making a mayounnise. The simplest one is audoubtedly the pest for most purposes. This consists of the yolk of a perfectly fresh egg, in which about a cup of pure, sweet olive oil has been besten, while the whole is seasoned with vinegar, salt and a dash of cayenne. The manner of putting this dressing together is so simple that it may be done by a child, and yet it is one of those easy things in which people very often blunder, because they fail to follow the exact rules and when a mayonnaise dressing is once curdled it is useless to do anything with it, but to begin over again with a fresh egg-yolk. Nothing is more dis tasteful to a refined palate than a mayonnaise made from oil that is not perfectly sound, and the amount of rancid oil soid in the stores to people who believe that they are buying a perfectly good, fresh article is amazing. Good oil has a sweet, nutty flavor, with none of the astriogent quality so frequently found in the oil commonly sold. All the utensils used for making a mayonnaise should be iceold. An earthen quart bowl is the best thing to beat it in, and the best beater is undoubtedly one of the patented egg-beaters, which are far more useful in make ing mayonnnise dressing and in beating the yolks of eggs than they are in beating the whites of eggs, because they give the exact motion necessary and they cannot injure the dressing by stirring it too much, as they can injure the whites of eggs and toughen them till they are practically valueless. What is wanted in beating mayonnaise or the yolks of eggs is a stirring which thickens and enriches them. What i wanted in beating the whites of eggs is a very different thing. It is a coarse and tender froth, into which the air has been beaten by long strokes of a whisk. Before beating the yolk of an egg it is well to add a ses

yolk and begin dropping in the olive-oil drop by drop. Continue stirring. It is a good plan to have the bowl in which the maxonnaise is made set in a bowl of ice-water or cracked ice while it is being stirred. The the remainder of the oil may be added by the tablespoon ful. As soon as the oil is all added put in a tablespoon of the very best and strongest wine vinegar you can obtain, and stir the dressing again. There should not be enough vinegar added to thin the snuce perceptibly. This dressing may be used as it is with sliced tomatoes, celery or with any meat salad, though in the latter case the meats should always have laid in marinade for at least two or three hours before the mayonnaise dressing is put on them and they are set on the table. To lay a meat or fish in marinade it should be cut in suitable pieces for the salad, seasoned with a pinch of salt, a little pepper, two tablespoons of vinegar and a tablespoon of oil, and tessed about in this mixture for a few minutes; then set away in a cold place, where the seasoning will thoroughly penetrate the meat or fish. The mayonnaise should always be added just before the saled is put on the table. Cold string beens and cauliflower both make an excellent saind, prepared in the same way. To separate floweriets of a head of cauliflower or a quart of string beans, add a saltspoon of pepper, half a teaspoon of salt, three tablespoons of vinegar and two of good off. Toss the salad well and serve it at once. Both string beans and conliftower are pleasant served in a mayon-naise, though this is considered by many as too rich a dressing for these vegetables. Young potatoes and young cabbage, which may now be found in market, may be added to the list of salads. For cabbage a boiled salad dressing is best. Stir a tablespoon each of oil, salt and sugar in a bowl till they are perfectly mixed and smooth. Add a teaspeon of mustard and the yelks of three eggs. Then add a cup of vinegar and finally a cup of milk. The vinegar will not and finally a cup of milk. The vinegar will not curdle the milk if it is added in this way. Place the bowl containing the sauce in a pan of boiling water and stir it till it becomes thick like a mustard. It will require stirring for about ten or twelve minutes ordinarily, but it must not be left for a moment or it will cardle. Rich, thick, sour cream used in the proportion of four tablespoons to two of tarragon vinegar, with season of salt and pepper, makes a delicions dressing for potatoes, and many other cold vegetables. A little grated onion may be added advantageously to almost any salad by way of change it is a necessary part of a potato salad.

George Herbert says:

"Who sweeps the room, as by God's laws, Makes that and the action fine." Every housekeeper knows that there is a certain ard in sweeping a room which requires skill and patience

All the difference between a refined, daintily kept parlor and a lounging room, deflant with dust and disorder lies in the proper doing of this simple work The great mistake which the novice in sweeping makes is to take long heavy strokes. These are manifestly labor thrown away. The object of sweeping is not to wear out the carpet. It is to brush the dust out of the carpet. Short, light, even strokes do dust out of the carpet. the work as it should be done. In any carpet, it is always best to sweep it once with the grain, and then again across it, going over each two or three yards of the carpet in this way till it is all swept. Where there is a fireplace, it is well to sweep toward it to collect the dust in one pile. Where the carpet is old and worn even, It is not quite as necessary to sweep it in both directions, but where it is new and there are perceptible ridges in the weaving, where dust may be, this caution is always necessary. A Brussels or a nap carpet should always be swept this way. There are many excellent houses where there is not a proper equipment of brushes, brooms and dusting sheets for sweeping. Refore beginning to sweep a room, all pieces of furniture which are easily movable should be dusted and set in an adjoining room. All small pieces of bric-a-brac and other articles which are liable to catch the dust must be removed. Large pieces of furniture, like beds, bureaus and bookcases, should be carefully and closely covered with dusting sheets. The windows should be opened and the blinds dusted, but if the windows are to be washed it should be done after the sweeping, when the paint is wiped. After the first sweeping of a n, it is usually left for five or ten minutes, for the dust to settle, when the ceiling and walls may be dusted down with the long hair brushes provided for the purpose. The pictures should be thoroughly dusted with soft dry cloths. Brushing around the edges of the carpet with a whiskbrush is a regular part of the sweeping and should not be omitted. After going over a room thoroughly and allowing the dust to sottle, it is always necessary to brush it over again, and it is best to do this with a damp broom, so as to collect all the dust. Wiping with a damp cloth wrung out as dry as possible from water in which two tablespoons of ammonia has been put to a gallon will brighten faded colors and make the carpet look fresh and new. Before putting the furniture back into the room, all finger-marks and soiled spots on the paint or woodwork should be wiped off. If there is a fireplace, the hearth should be washed up and the tronwork rubbed kerosene oil. If there is brasswork it should be care fully polished. The dusting sheets may now be removed and the furniture put back in place, dusted and fresh. Such a sweeping as this is a part of the regular housework every week in a house where there are carpets, and every room in the house should be swept as thoroughly as this. While upon this subject, it is well to suggest that housekeepers, who are buying heavy pieces of furniture, not easily moved, should purchase only such pieces as are lifted up on legs, leaving a clear space for the broom to pass under and collect the dust.

"M. E. J." writes: We have a student lamp which my father particularly enjoys as a reading lamp, but which for years has had the inconvenient habit of giving off such an intolerable odor, at intervals, that we would be obliged to banish it from the rooms. It has been in disgrace several weeks (menders never curing its evil ways) and I was about to cleanse and put it away until somebody should have a fresh ide treating it. After the oil had been poured out and all parts carefully washed with soap and hot water I stood meditatively peering into it and wondering what I could do more. Suddenly I thought of alcohel, and, seizing the bottle, which was near by, I poured about half cupful into the reservoir socket (I do not know what that part is properly named) and after shaking it back and forth let it run through the curving tube and ont of the burner. It brought with it a brownish, oily scnm, which encouraged me to believe it was thoroughly clean. I therefore decided to give it argether trial, and am well-rewarded. To our delight burns clearly and has done so for nearly two weeks. At its next failure I shall repeat the experiment. do not know why it might not be used with equal advantage upon less intricate but sometimes refractory burners

While this may be "nothing new," it was new to me and may be so to some one else in need. Inasmuel as I have always given the lamp the utmost care, and have even boiled the burner with "pearline" and am monia in the water, with a degree of benefit to it, I monis in the water, with a degree of benefit to it, it must regard the alcohol as not only the most agreeable but also the most efficient remedy i have ever used.

Mindful of the Chinese lady's surprise that there were the directions for buttering the tins," I have perhaps been unnecessarily explicit, which, after all, may be more tolerable than was the manner of one of those "born cooks" of whom we have all heard (and who do exist), who never got any further in her directions for making cake than "to take an egg and aftr it up."

Genuine roust meats are almost unknown in this country. Since the advent of the modern range with thoroughly equipped oven, from which the heat can be turned off or on at any time and graded to the requirement of the work to be done, most of our roasting has been baking. There is no special objection to this, provided we use the drafts of our oven with precision. The object of roasting is to cook the meat in its own juices. The outside surface of the roast or of any piece of meat to be cooked in any way should be sealed over as quickly as possible so that none of its juices escape. In order to accomplish this, the oven in which the meat is to be "rousted" should be intensely hot, and the meat itself should be sensoned and thickly dredged with flour. The heat of the oven with the flour on the outside of the roast will quickly form a savory crust, which will inclose the meat, and there will afterward be comparatively little dripping from it. This is the ideal way of cooking meat. It should never of course during the process of cooking be pierced with a knife or a fork in order to find out whether it is done. The cook must ascertain when it is ready to be taken from the oven by its appearance and by the time it has been cooking. It is customary, as every one knows, to serve beef and mutton quite rare. Lamb and veal serve beef and mutton quite rare. Lamb and veal should be thoroughly done, but they should not, for this reason, be dry. The juices should follow the knife when the meats are cut on the table. It is not customary to serve beef, mutton or lamb with a brown gravy made from the dripping in the pan, for there is always a little dripping in the pan even with the best roasting. But a brown gravy should always be prepared from these drippings in order to utilize them, and, this may be used for a meat ple or stew or in various ways when the meat is served up a second time. Thus if the meat is properly roasted in the oven there is very little difference in its flavor and the flavor of meat roasted before the fire in the old way. But if it is allowed to sizzle slowly in a half heated oven and thereby allowed to dry and lose to cooking.